

SEPTEMBER



Pick a **better snack**™



				
Park/Slide	Cucumber	Ride (a bike)	Zucchini	Cantaloupe
				
Run	Play	Stretch	Tomato	Walk
		Family Ate Meal Together		
Salad Greens	Hike			Watermelon
				
Summer Squash	Play	Frozen Vegetable	Canned Fruit	Catch
				
Frozen Fruit	Honeydew Melon	Jump	Walk	Zucchini

PLAY
YOUR
WAY.

ONE
HOUR
A DAY.



www.idph.state.ia.us/pickabetersnack



Pick a better snack™ encourages kids and families to enjoy a variety of fruits and vegetables. Complete the card by putting an "X" through the squares of fruits, vegetables and physical activities you have tried. A "bingo" is complete when you make a line of X's diagonally, horizontally, or vertically. Turn the card over for more fun!

Funded by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer, in collaboration with the Iowa Departments of Public Health and Human Services. Iowa Food Assistance can help you buy healthy food. Visit www.yesfood.iowa.gov for more information.



NOTE TO PARENTS:

Your child will participate in a nutrition education program at school this year. The purpose of the program is to help kids learn to like healthy foods in a fun and supportive environment. Hopefully you will see some changes in your child at home!

Please keep an eye out for a Pick a better snack™ newsletter and bingo card to come home with your child each month. Each of these contains tips and information to make eating healthy easy and inexpensive.

Do you wish your child would sit less and move more? The bingo card encourages kids to be active for at least one hour each day through active play. We encourage you to join in the fun and Play Your Way as a family.

Have a great school year!

REAL QUESTIONS. EXPERT ANSWERS.

**WHICH IS THE HEALTHIER SNACK:
APPLES AND PEANUT BUTTER OR CRACKERS AND
AMERICAN CHEESE?**

**FOR ANSWERS TO THIS AND OTHER QUESTIONS, CALL
IOWA STATE UNIVERSITY'S ANSWERLINE
800-262-3804 OR EMAIL ANSWER@IASTATE.EDU.**

**PLAY YOUR WAY.
ONE HOUR A DAY.**



Children need to be active for 60 minutes a day. What better way than to play! Children were born to play. They don't need to do structured aerobics or jog laps around the track. As long as kids are moving their bodies, it counts as physical activity

- **Play Inside:** Turn off the TV and play an old-fashioned game of hide and seek. Clear a space for wiggling, dancing, and playing with soft toys.
- **Play Outside:** The options for outdoor play are unlimited – bikes, trikes, scooters, balls, kites, Frisbees™, jump rope, hula hoops™, hopscotch and tag.
- **Play at the Park:** Walk or bike to the park near you. When the weather is nice, take a picnic and play before dinner.
- **Family Fun in the Sun:** Splash in the pool, run through the water sprinklers, and dust off the Slip'n Slide™.

CHILD'S NAME

has played Pick a **better** snack™ bingo this month.

SIGNATURE